

ELKHORN LOGAN VALLEY PUBLIC HEALTH DEPARTMENT SUMMARY

SUMMARY OF SIGNIFICANT DIFFERENCES COMPARED TO NEBRASKA

- In 2007-2008, the rate for the adult population was significantly better for one indicator in the Elkhorn Logan Valley (E-IV) area, compared to Nebraska. Respondents averaged a smaller number of days when their physical health was not good.
- Rates were significantly worse for four indicators in this area than they were for the state overall. Fewer adults had one or more persons they considered their personal doctor and a smaller proportion of adults visited the doctor for a routine checkup in the past year. Among adults aged 50 and older, a smaller proportion ever had a colonoscopy or sigmoidoscopy, compared to Nebraska overall. A greater proportion of adults aged 65 and older reported having all of their teeth extracted due to decay or gum disease.

SUMMARY OF SIGNIFICANT DIFFERENCES OVER TIME

- The proportion of adults who visited a physician for a routine checkup in the past year decreased significantly from the 2005 baseline in the E-IV area. The proportion of adults who participated in the recommended level of moderate or vigorous physical activity in the past month increased significantly from the 2005 rate.

HEALTH CARE ACCESS

In 2007-2008, 18.6 percent of Elkhorn Logan Valley area residents aged 18 to 64 years reported having no health insurance at the time of the survey.

One-fifth of E-IV respondents (21.3 percent) did not have a personal doctor or health care provider—a significantly greater proportion than the rate for Nebraska. Women in the E-IV area were also more likely than women statewide to say they did not have a personal health care provider.

At some time in the past year, 9.7 percent of adults in this area needed to see a doctor but could not due to the potential cost of care.

Little more than one-half of all respondents (54.4 percent) reported visiting a doctor for a routine checkup in the past year—a significantly smaller proportion than the statewide rate (61.1 percent). This rate has also decreased significantly since the 2005 study. Men in the E-IV area (46.1 percent) were significantly less likely than women (63.3 percent) in this area to have had a checkup in the last 12 months.

GENERAL EMERGENCY PREPAREDNESS

In the E-IV area, 11.8 percent of adults indicated their household was not prepared for a major disaster. Three-fourths of the respondents (77.9 percent) stated that they did not have a written disaster evacuation plan.

More than one-half of BRFSS respondents in this area (54.6 percent) did not have a three-day supply of water on hand. Although most households in this area had a three-day supply of non-perishable food, respondents from 16.2 percent of households said they did not. Similarly, 6.2 percent of respondents indicated they did not have a three-day supply of prescription drugs on hand for all household members who required them.

Nearly one-sixth of E-IV households (15.6 percent) did not have a working battery-powered radio, while only 4.2 percent of households did not have a working battery-powered flashlight at the time of the survey.

The great majority of BRFSS respondents in the Elkhorn-Logan Valley area said they would leave their homes if public authorities announced a mandatory evacuation due to a large-scale disaster or emergency, but 4.6 percent stated they would not do so.

More than two-thirds of E-IV area adults (71.2 percent) would use a cell phone as their primary means of communication with family and friends in an emergency situation.

Six in ten respondents (62.1 percent) said they would use a radio as their means of getting information from public officials in the event of a disaster.

HEALTH-RELATED QUALITY OF LIFE

Among E-IV adults, 86.7 percent considered their general health “good”, “very good”, or “excellent.”

Adults in this area averaged 2.2 days in the past month when their physical health was “not good”—significantly lower than the Nebraska average. Women in the E-IV area also reported significantly fewer days (2.3 days) when their physical health was poor, compared to Nebraska women overall.

E-IV respondents averaged 2.1 days when their mental health was “not good”.

Among adults who reported days when physical or mental health was “not good”, these problems prevented them from participating in their usual activities an average of 2.5 days in the past month. Women in the E-IV area reported significantly fewer days (2.4) with limited activity compared to women statewide.

DISABILITY

In 2007-2008, 14.6 percent of adults in this area stated that they have experienced limitation in one or more activities due to physical, mental, or emotional problems.

A health problem that requires them to use special equipment such as a cane, wheelchair, a special bed, or a special telephone was reported by 5.2 percent of adults in the E-IV area.

MENTAL HEALTH

Only 2.0 percent of E-IV adults reported symptoms indicating that they experienced serious psychological distress (SPD) in the past 30 days.

Current depression (based on a Severity of Depression score of 10 or more) was reported by 12.4 percent of adults.

A somewhat larger proportion of adults (16.5 percent) said they had ever been diagnosed with a depressive disorder, while 9.3 percent stated they had received a diagnosis of an anxiety disorder at sometime in their life.

CARDIOVASCULAR DISEASE

In the E-IV area, 4.2 percent of adults said they ever had a heart attack. Men (6.6 percent) were significantly more likely than women (2.1 percent) to report having a heart attack.

The proportion of BRFSS respondents who were ever told they had angina or coronary heart disease was 3.2 percent in this area, while 2.6 percent of E-IV

respondents said they had ever been told by a health professional that they had a stroke.

The proportion of adults who had ever been told by a doctor or other health professional that they have high blood pressure was 24.0 percent in 2007.

Nearly three-fourths of E-IV adults (74.2 percent) ever had their cholesterol level checked and 67.4 percent had it tested in the past five years.

Among respondents who ever had their blood cholesterol level checked, 29.4 percent had been told it was high.

DIABETES

Among E-IV adults, 5.6 percent had ever been told they have diabetes. (This estimate does not include persons told they had gestational diabetes or pre-diabetes).

ARTHRITIS

Nearly one-fourth of adults in this area (22.7 percent) reported ever being diagnosed with arthritis.

ASTHMA

The proportion of adults who had ever been told they had asthma was 8.3 percent, while 5.3 percent currently have this disease.

OVERWEIGHT AND OBESITY

More than one-fourth of all adults residing in the E-IV area (28.5 percent) reported heights and weights that placed them in the “obese” category (Body Mass Index = 30.0+). An additional 38.6 percent were classified as “overweight” (Body Mass Index = 25.0-29.9). Thus, two-thirds of adults (67.1 percent) were overweight or obese in 2007-2008.

Men in this area (45.0 percent) were significantly more likely than women (32.1 percent) to report heights and weights that placed them in the overweight category.

FRUIT AND VEGETABLE CONSUMPTION

Nearly one-fourth of E-IV adults (23.1 percent) consumed fruits and/or vegetables five or more times daily.

PHYSICAL ACTIVITY

One-fourth of respondents in this area (24.8 percent) stated that they had not participated in any leisure-time physical activity (outside of work) in the past month.

The proportion of E-IV area adults who participated in the recommended level of “moderate and/or vigorous” physical activity in a usual week increased significantly from 36.4 percent in 2005 to 55.2 percent in 2007-2008.

Participation in the recommended level of “vigorous” physical activity in a usual week was reported by 27.9 percent of respondents from this area.

TOBACCO USE

One-fifth of E-IV adults (19.9 percent) said they currently smoke cigarettes, either daily or on some days of the month.

Among current smokers, 50.1 percent reported trying to quit smoking at least once in the past 12 months.

Four out of ten men in this area (43.5 percent) said they had ever used smokeless tobacco, while 12.5 percent stated they currently use these tobacco products.

ALCOHOL CONSUMPTION

Binge drinking was reported by 21.0 percent of E-IV adults in 2007-2008.

A smaller proportion of respondents (3.7 percent) indicated they engaged in heavy drinking in the past 30 days, with men (5.3 percent) significantly more likely than women (1.9 percent) in E-IV to report this pattern of alcohol use. Women in the E-IV area were also significantly less likely than Nebraska women overall to report heavy drinking in the last month.

Drinking and driving was reported by 5.7 percent of adults in this area in the last month.

CANCER SCREENING

Among women aged 40 and older in the E-IV area, 64.2 percent stated they had a mammogram in the past two years.

Among women aged 18 and older, 91.7 percent reported ever having a Pap test, while 73.6 percent said they had this test within the past three years.

Most men aged 50 and older (82.7 percent) in this area indicated that they ever had a PSA test to screen for prostate cancer, while 71.9 percent said they had this test in the past two years.

Among E-IV adults aged 50 and older, 47.8 percent reported ever having a colonoscopy or sigmoidoscopy. This rate is significantly lower than the statewide screening rate. Women in this area were also significantly less likely to have ever had these tests than women in Nebraska overall.

One-fifth of adults in this area (21.1 percent) said they had a blood stool test in the past two years, with women (26.7 percent) significantly more likely to give this response than men (15.5 percent).

IMMUNIZATION

Nearly three-fourths of all adults aged 65 and older in the E-IV area (72.2 percent) said they had been vaccinated for influenza in the past 12 months.

A similar proportion of adults in this age group indicated they ever had a pneumonia vaccination (69.1 percent).

ORAL HEALTH

Nearly two-thirds of the adults in the E-IV area (65.9 percent) had visited a dentist in the past 12 months and 66.0 percent had their teeth cleaned within the last year.

More than one-third (38.7 percent) stated they had one or more teeth extracted due to decay or gum disease.

Among respondents aged 65 and older in the E-IV area, 25.2 percent reported having all their teeth extracted due to decay or gum disease. This rate is significantly higher than the statewide average of 17.1 percent. The proportion of E-IV women in this age group who had lost all their teeth (29.1 percent) was also significantly greater than the rate for their counterparts statewide.

ELKHORN LOGAN VALLEY PUBLIC HEALTH DEPARTMENT: SUMMARY TABLE

INDICATORS	OVERALL			MEN			WOMEN		
	Sample Size	Weighted % or Mean	Compared to State	Sample Size	Weighted % or Mean	Compared to State	Sample Size	Weighted % or Mean	Compared to State
HEALTH CARE ACCESS									
1. No health care coverage among adults 18-64 years old	892	18.6	NS	395	18.6	NS	497	18.7	NS
2. Did not have one or more than one person that they thought of as their personal doctor or health care provider	1,347	21.3	Sig.	527	25.7	NS	820	16.8	Sig.
3. Needed to see a doctor in past year but could not because of cost	1,349	9.7	NS	529	7.6	NS	820	12.1	NS
4. Visited a doctor for a routine checkup within the past year	1,330	54.4	Sig.	524	46.1	NS	806	63.3	NS
GENERAL EMERGENCY PREPAREDNESS									
1. Household not prepared for major disaster	502	11.8	NS	205	12.2	NS	297	11.8	NS
2. Household has no disaster evacuation plan	504	77.9	NS	205	77.2	NS	299	78.9	NS
3. Does not have at least 3-day supply of water	501	54.6	NS	204	51.1	NS	297	58.2	NS
4. Does not have at least 3-day supply of non-perishable food	501	16.2	NS	203	13.7	NS	298	18.4	NS
5. Does not have at least 3-day supply of prescription drugs	503	6.2	NS	202	5.9	NS	301	6.4	NS
6. Household has no working battery-powered radio	501	15.6	NS	205	14.9	NS	296	15.8	NS
7. Household has no working battery-powered flashlight	505	4.2	NS	205	5.6	NS	300	3.3	NS
8. Household would not leave home if evacuation were required	465	4.6	NS	185	5.6	NS	280	3.7	NS
9. Household would use cell phone as main source of communication	481	71.2	NS	193	73.5	NS	288	71.8	NS
10. Household would use radio as main source of information	477	62.1	NS	194	69.4	NS	283	56.8	NS
HEALTH-RELATED QUALITY OF LIFE									
1. General health was 'good' to 'excellent'	1,348	86.7	NS	529	86.1	NS	819	87.5	NS
2. Average number of days (in past month) that physical health was not good	1,328	2.2	Sig.	522	2.1	NS	806	2.3	Sig.
3. Average number of days (in past month) that mental health was not good	1,331	2.1	NS	522	1.5	NS	809	2.6	NS
4. Average number of days (in past month) that poor physical or mental health prevented usual activities	604	2.5	NS	203	2.6	NS	401	2.4	Sig.
DISABILITY									
1. Limited in any way in any activities due to physical, mental or emotional problems	1,336	14.6	NS	519	13.7	NS	817	15.2	NS
2. Have health problems requiring use of special equipment	1,340	5.2	NS	525	5.5	NS	815	4.8	NS
MENTAL HEALTH									
1. Had serious psychological distress (SPD) in past 30 days	273	2.0	NS	109	1.7	NS	164	2.5	NS
2. Have current depression (based on Severity of Depression score of 10+)	230	12.4	NS	84	13.2	NS	146	11.9	NS
3. Lifetime diagnosis of depressive disorder	250	16.5	NS	92	13.6	NS	158	19.9	NS
4. Lifetime diagnosis of anxiety disorder	249	9.3	NS	92	6.8	NS	157	11.9	NS

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	Sample Size	Weighted % or Mean	Compared to State	Sample Size	Weighted % or Mean	Compared to State	Sample Size	Weighted % or Mean	Compared to State
CARDIOVASCULAR DISEASE									
1. Ever told they had a heart attack or myocardial infarction	1,345	4.2	NS	528	6.6	NS	817	2.1	NS
2. Ever told they had angina or coronary heart disease	1,340	3.2	NS	526	4.3	NS	814	2.5	NS
3. Ever told they had a stroke	1,349	2.6	NS	530	2.8	NS	819	2.7	NS
4. Ever told blood pressure was high	598	24.0	NS	241	23.5	NS	357	24.6	NS
5. Ever had cholesterol level checked	594	74.2	NS	240	74.0	NS	354	74.4	NS
6. Had cholesterol level checked during the past five years	589	67.4	NS	239	66.2	NS	350	68.5	NS
7. Ever told cholesterol was high, among those who had ever been screened	494	29.4	NS	196	28.4	NS	298	30.1	NS
DIABETES									
1. Ever told they had diabetes (excluding gestational and pre-diabetes)	1,347	5.6	NS	527	5.7	NS	820	5.5	NS
ARTHRITIS									
1. Ever diagnosed with arthritis	588	22.7	NS	235	18.2	NS	353	26.4	NS
ASTHMA									
1. Ever told they had asthma	1,345	8.3	NS	529	7.7	NS	816	8.9	NS
2. Currently have asthma	1,343	5.3	NS	528	4.0	NS	815	6.7	NS
OVERWEIGHT AND OBESITY									
1. Obese (BMI=30+)	1,297	28.5	NS	522	30.2	NS	775	26.4	NS
2. Overweight (BMI=25.0-29.9)	1,297	38.6	NS	522	45.0	NS	775	32.1	NS
FRUIT AND VEGETABLE CONSUMPTION									
1. Consumed fruits and vegetables 5 or more times per day	587	23.1	NS	235	18.7	NS	352	27.4	NS
PHYSICAL ACTIVITY									
1. Did not engage in any leisure-time physical activity, outside of work, in past 30 days	1,350	24.8	NS	530	28.2	NS	820	21.1	NS
2. Participated in recommended level of moderate or vigorous physical activity in a usual week	545	55.2	NS	218	54.4	NS	327	56.0	NS
3. Participated in vigorous physical activity 20+ minutes per day, 3+ days per week in a usual week	570	27.9	NS	228	28.7	NS	342	27.1	NS
TOBACCO USE									
1. Currently smoke cigarettes (either every day or on some days of the month)	1,345	19.9	NS	529	20.5	NS	816	19.3	NS
2. Attempted to quit smoking in past 12 months (among current smokers)	214	50.1	NS	91	52.1	NS	123	46.8	NS
3. Ever used smokeless tobacco (males)	--	--	--	284	43.5	NS	--	--	--
4. Currently use smokeless tobacco (males)	--	--	--	109	12.5	NS	--	--	--

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	Sample Size	Weighted % or Mean	Compared to State	Sample Size	Weighted % or Mean	Compared to State	Sample Size	Weighted % or Mean	Compared to State
ALCOHOL CONSUMPTION									
1. Engaged in binge drinking in the past 30 days	549	21.0	NS	212	27.8	NS	337	13.9	NS
2. Engaged in heavy (chronic) drinking in the past 30 days	1,321	3.7	NS	513	5.3	NS	808	1.9	Sig.
3. Engaged in drinking and driving in the past 30 days	394	5.7	NS	189	8.7	NS	205	2.0	NS
CANCER SCREENING									
1. Among women aged 40+, had a mammogram in the past two years	--	--	--	--	--	--	524	64.2	NS
2. Among women aged 18+, ever had a Pap test	--	--	--	--	--	--	623	91.7	NS
3. Among women aged 18+, had a Pap test in the past three years	--	--	--	--	--	--	613	73.6	NS
4. Among men aged 50+, ever had a Prostate-Specific Antigen (PSA) test	--	--	--	57	82.7	NS	--	--	--
5. Among men aged 50+, had a Prostate-Specific Antigen (PSA) test in past two years	--	--	--	57	71.9	NS	--	--	--
6. Among men aged 50+, ever had a digital rectal exam (DRE)	--	--	--	57	80.8	NS	--	--	--
7. Among men aged 50+, had a DRE in past two years	--	--	--	54	64.5	NS	--	--	--
8. Among adults aged 50+, ever had a colonoscopy or sigmoidoscopy	658	47.8	Sig.	238	48.1	NS	420	47.8	Sig.
9. Among adults aged 50+, had a blood stool test in past two years	602	21.1	NS	220	15.5	NS	382	26.7	NS
IMMUNIZATION									
1. Had a flu shot in past 12 months (aged 65+)	454	72.2	NS	132	69.3	NS	322	74.2	NS
2. Ever had a pneumonia vaccination (aged 65+)	440	69.1	NS	126	68.6	NS	314	69.5	NS
ORAL HEALTH									
1. Visited the dentist in past 12 months	741	65.9	NS	287	62.9	NS	454	68.6	NS
2. Had teeth cleaned in past 12 months	666	66.0	NS	266	63.4	NS	400	68.5	NS
3. Had one or more teeth extracted due to decay or gum disease	740	38.7	NS	285	40.5	NS	455	37.6	NS
4. Had all of their teeth extracted (aged 65+)	233	25.2	Sig.	62	19.9	NS	171	29.1	Sig.

NOTES:

"Weighted % or mean" is weighted by health district, gender, and age.

"NS" = Not Significant and "Sig." = Significant. These denote whether or not the district percentage/mean is significantly different from the State of Nebraska